

# Ambrosia

Rating: ★★★★★

Makes: 8 servings

## Ingredients

- 1 **can** pineapple chunks (in juice, 20 oz., drained)
- 1 **can** mandarin orange (11 oz., drained)
- 1 banana (peeled and sliced)
- 1 **1/2 cups** grape (seedless)
- 3/4 cup** marshmallows (miniature)
- 1/3 cup** coconut (flaked)
- 1 **carton** vanilla yogurt (8 oz., low-fat)

## Directions

1. Drain pineapple and oranges. Use juice as beverage.
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt.
4. Chill.
5. Serve.

### Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>150</b>	
Total Fat	1.5 g	2%
Protein	3 g	
Carbohydrates	33 g	11%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	35 mg	1%